

KANSAS



Department of Health and Environment

Health Education Facts Resources on Handwashing

The Centers for Disease Control and Prevention reports that handwashing is one of the most important means of preventing the spread of infectious diseases. Infectious diseases are the third leading cause of death in the United States.

A recent survey found that 94 percent of Americans say they always wash their hands after going to the bathroom, but observations in public restrooms show only 68 percent of adults did so.

Seventy percent of all meals are now eaten outside the home. Since 1990, the number of food borne illnesses reported has steadily been climbing. CDC says that food poisoning affects as many as 80 million Americans a year in the U.S. and costs the health care system \$32 billion, causing untold sickness and 9,000 or more deaths. One important cornerstone of food protection is handwashing.

A study showed that children who wash their hands four or more times during the school day get sick less often than other kids. Numerous studies, in children and adults, have shown that handwashing is one of the best ways to prevent the spread of infectious diseases.

Handwashing is a front line defense against infection in the day care setting. There have been a few Kansas food-related and day care outbreaks of specific infectious diseases that were probably preventable by proper handwashing.

Proper Handwashing Technique

Everyone should wash their hands thoroughly and often with warm running water for at least 10-15 seconds. Water alone won't remove germs; soap must be used. Liquid soap is generally more effective than bar soap. Be sure to wash palms and between fingers, and scrub fingernails. Disposable paper towels help stop the spread of germs; use them to dry hands and turn off the faucet. When paper towels are not available, be sure to change the hand towel frequently to keep from spreading germs from the towel back onto your freshly washed hands.

The most important times to wash hands are before handling food, after coming in from outdoors, after using the toilet or changing diapers, after handling pets, after children share toys, during illness, and after sneezing.

Kansas Public Health and Environment Information Library

The following materials are available from KDHE's Kansas Public Health and Environment Information Library. The codes that are listed with titles should be referenced when ordering. Orders should be directed to: KPHEIL, Kansas State University, 10 D. Umberger Hall, Manhattan, KS 66506-3407. Fax (785) 532-5121.

Print Materials

(AK 1185) Why How When to Wash Hands: A Handwashing Curriculum 1996 - Curriculum appropriate for use in group child settings such as Day care, preschool, Head Start, Early Childhood Family Education programs and church nurseries. Three simple units on WHY, HOW, and WHEN to wash hands includes objectives, supplies and activities, with suggestions for supplemental resources. Includes posters/handouts.

Developed by the Minneapolis Division of Environmental Health and the Ramsey County Department of Public Health; coordinated by Minnesota Child Care Health Consultant Group. Entire packet may be duplicated without further permission as long as credit is given to all persons and departments noted on the cover page.

(AK 1198) Wash Your Hands -Tip Sheet.

(AK 1199) Wash Your Hands -Small Poster.

Don't Get Caught Dirty Handed - Educational brochure on how and when to wash your hands.

Wash Them! Dirty Hands Spread Disease - Raccoon Poster (not currently available through KPHEIL; contact KDHE Division of Health at (785) 296-1343).

Videos

KPHEIL maintains a comprehensive video library, including videos on handwashing. These videos are suitable for a wide range of audiences, from school children to food service and health care professionals.

The video library is constantly being updated, and the number of copies of any particular video is limited. Contact KPHEIL, KSU, 10 D. Umberger Hall, Manhattan, KS 66506-3407. Fax (785) 532-5121.

(AB 6059) Handwashing: Keystone of Infection Control 1987 (18 minutes) - Shows health care personnel how's and why's to practice and maintain a sound aseptic environment for their patients by proper hand washing. Suggested audience: Health Professionals.

(CH 6450) Clean Club 1993 - Demonstrates the proper care of teeth, skin, and hair and explains why it's important to keep clothes and rooms clean. Talking soap bars, towels and other animated objects advise on basic hygiene. Suggested audience: Elementary age.

(CH 6452) Cleanliness Film 1986 (16 minutes) - Grub, a cartoon character, learns that it's great to play, but he shouldn't stay dirty. He learns the importance of clean hands, skin, clothes, hair, and teeth. Suggested audience: Elementary age.

(CH 6455) Hygiene: What is it? 1994 (17 minutes) - Viewers gain an understanding of what causes diseases and how good hygiene can help prevent them. Shows how being clean and neat helps us feel good about ourselves and affects others' impressions about us. Suggested audience: Elementary age.

(CH 6457) School Days - Discusses basic school behaviors and hygiene. Suggested audience: Elementary age.

(CH 6460) Staying Well with Harv and Marv 1983 (13 minutes) - Viewers will understand that preventive health measures involve proper exercise, rest, nutrition, hygiene, tooth care, dressing for the weather, and handling emotions. Suggested audience: Elementary age.

(CH 6462) Wash Your Hands 1985 - Big Bird uses music to teach young children about hygiene in order to help *prevent lead poisoning*. Suggested audience: Elementary age

(DC 6630) Reducing Illness in Group Child Care Settings 1990 (12 minutes) - Shows ways to prevent the spread of diseases among children at the child care center and at home. Suggested audience: Day care

(DE 6639) Danger Zone 1991 - Millions of cases of foodborne disease occur yearly. Many of these occur in the home and could have been prevented. This teaches the basic elements of safe food handling to teens. Suggested audience: Food handlers (teens)

(DE 6641) Handle With Care: Preventing Food-Borne Illness in Nursing Homes 1992 (Two parts) - Food preparation and handling for nursing homes. "Administrators" covers the medical and scientific aspects of foodborne illness. "Managers and Workers" covers food handling. Suggested audience: Care Home/Caregivers

(DE 6642) Preventing Food-Borne Illness - Important information on preventing foodborne illnesses for food service workers and managers. Suggested audience: Food handlers (Business and Industry)

(DC 6786) Prevent the Spread of Infections in Your Child Care Center 1988 (20 minutes) - Shows procedures such as diapering and handwashing according to guidelines. Includes routine staff procedures for identifying and isolating ill children, food preparation, and toileting older children. Suggested audience: Day care

Contacts for Other Handwashing Resources:

Not all materials have been reviewed.

Print

Those Mean Nasty Dirty Downright Disgusting but...Invisible Germs - Book by Judith Rice about a girl who accumulates germs on her hands during the day and defeats them by washing her hands. Contact Redleaf Press at (800) 423-8309.

Video

Sesame Street Lead Away! 1997 - Designed to present a complicated subject in ways that can be easily understood by children and families. Also available are family booklets/posters, "*Lead: The Silent Threat*" (in English and Spanish), and *The Sesame Street Lead Away!* Audio in English and Spanish. Suggested audience: Health care or child care professionals and families. Contact: The National Safety Council's Lead Information number, (800) 424-LEAD x5323; fax: (202) 659-1192

The ABC's of Safe and Healthy Child-Care: Handwashing 1994 - Demonstrates procedures for handwashing that will help prevent the spread of infection. Includes how and when hands should be washed and how rapidly germs may spread in an actual child care classroom. Contact: Child Care Health and Safety Program, Centers for Disease Control and Prevention, 1600 Clifton Road, Atlanta, GA 30333.

Germ Warfare 1997 - KAKE-TV News special; includes participation of the Wichita-Sedgwick County

Health Department. Available for purchase through Central States Media at (316) 684-4049. Cost: \$15/each; series of three tapes.

The Lost Art of Washing 1996 - A 20/20 news segment on handwashing. Available for purchase at (800) 913-3434. Cost: \$34.90. Allow 4-6 weeks for delivery.

The Hot Zone 1995 (10 minutes) - ABC Primetime Live presentation which graphically demonstrates how various germs (including *salmonella*, *E. coli*, etc.) which thrive in private kitchens, spread. For more information, contact ABC News Copy Service at (800) 913-3434. Cost: nominal.

Why, How, When to Wash Hands 1989 (15 minutes) - Uses the book, *Those Mean Nasty Dirty Downright Disgusting but...Invisible Germs*. Also supplied with the video is the curriculum by the same title. English/Hmong versions available. Contact: Wilder Foundation, 911 Lafond Ave., St. Paul, MN 55104-2108. Cost: \$10/each + \$.70/tax.

Wash Those Hands 1996 (9 minutes) - Shows how handwashing helps control the spread of illness. Designed for all ages, the video presents information about personal hygiene, including a look at germs and how they make people sick. Contact: MarshMedia: Marshfilm Enterprises, P.O. Box 8082, Shawnee Mission, KS 66208 at (816) 333-7421. Available for 30 day preview.

Curricula/Learning Activities

Learning Activities for Toddlers 1996 - Suggests activities to help toddlers develop skills in the four important areas of self-help, creativity, world mastery and coordination. Activities include handwashing. Available in Texas Child Care (v. 19, no 4, pp. 32-38, Spring 1996).

Food Service: Vocational Preparation Curriculum 1982 - Curriculum guide contains 14 units of self-paced, self-contained instructional materials for a secondary food service course. It is intended for use by instructors serving the occupational needs of disadvantaged and handicapped students. Unit covers careers in food service and personal sanitation. Contact: Instructional Materials Laboratory, University of Missouri-Columbia, 10 Industrial Education Building, Columbia, MO 65211. Cost: \$10.

Other Resources

Infectious Disease Flip Chart - Designed as a flip chart for ease and quickness for use. The chart has guidelines for proper exclusion and management of specific infectious diseases such as chickenpox, pink eye, strep and gastrointestinal infections. Contact: Metropolitan Visiting Nurse Association, Child Care

Team, Suite 230, 2021 East Hennepin Avenue, Minneapolis, MN 55413. Cost: \$7/each + \$.49/tax.

Glo-Germ Kits - Personal hygiene training materials containing a bottle of oil, a bottle of powders, and an ultra-violet lamp allow you to become a "germ detective". It can be used to demonstrate how something invisible like germs can be spread, or to check Handwashing technique. Also available are Elementary School Activity Sheets, a training tape, and *Germs Make Me Sick* book. Contact: Glo-Germ, P.O. Box 537, Moab, UT 84532; 800/842-6622; fax: 801/259-5930. Cost: Kit/\$49.95; glo-germ liquid - \$14.95; activity sheets - \$14.90; Germs Make Me Sick book - \$4.95; training tape - \$14.95.

Finger Puppets - May be used as a teaching tool; for use with the Why, How, and When to Wash Hands curriculum. Contact: Creative Kidstuff at (612) 927-0653.

World Wide Web Resources on Handwashing

<http://www.asmus.org> - American Society for Microbiology - Handwashing Survey Fact Sheet.

<http://users.aol.com/comcontrol> - Site of the Compliance Control Center, established to provide systems for increasing handwashing performance. Handwashing/hygiene in food service, health care and day care - offers Q & A and Infection Control professionals critical information on verifying handwashing in the prevention of the spread of disease, infection, and contaminants.

<http://www.nbc10.com/denenberg/handwashing.html> - Article by News 10 Herb Denenberg, "Handwashing Can Save Lives".

<http://www.glogerm.com> - Glo-Germ newsletters and information on handwashing by the Glo-Germ Company.

<http://www.learningplus.com> - Information on Learning Plus Courseware, including 15 minute Handwashing course.

<http://www.foodsafe.com> - Food safety information and resources.

<http://www.restaurant.org> - Information from the National Restaurant Association. Includes summaries of common food borne illnesses.

Contacts for Other State and National Handwashing Programs

Massachusetts - Conducting a two year handwashing initiative, pairing the state health department and medical society. Campaign introduces a mascot, "Soapy", an animated bar of soap with washcloth gloved hands, to introduce proper handwashing habits to children in day care centers and elementary schools across the state. Includes corporate sponsors. Contact: Massachusetts Medical Society at (800) 322-2303.

Florida - Implementing a multi-media campaign to increase the community's awareness of handwashing; targets young school children. Campaign materials include: kits with brochures, cassette with handwashing song, posters. Contact: Monroe County Health Department at (305) 292-6894.

Pennsylvania - Conducting a handwashing awareness campaign developed in conjunction with Ketchum Advertising. Campaign centers around a series of posters for display in public restrooms with short stories based on literary classics. Contact: Alleghany County Health Department at (412) 687-ACHD.

Canada - Produced a 1996 Handwashing calendar filled with trivia and tidbits dealing specifically with topics that are related to handwashing and preventing the spread of infection; each month highlights a different topic such as The Plague, Aseptic Technique for Invasive Procedures; Five Good Reasons Why You Should Get the Flu Shot; Pneumonia, and others. Contact Foothills Hospital, 1403-29 Street N.W., Calgary, Alberta, T2N 2T9 Canada.

Contacts for Kansas Handwashing Resources and Programs:

For information on current handwashing activities in Kansas, the following organizations and individuals can provide you with information and tips for getting started.

KDHE, Bureau of Environmental Health Services - Information on the ServSafe curriculum/training for food handlers. Contact: Food & Drug Inspectors, Greg Willis (Northwest District Office, Hays) at (785) 625-5663 or Mary Glassburner (Southeast District Office, Chanute) at (316) 431-2390.

KDHE, Bureau of Adult and Child Care -

Information on interventions relating to child care facilities. Contact: Program Administrator, Roxanne Hess at (785) 296-1270.

KDHE, Bureau of Environmental Health Services -

Information on handwashing as a strategy in the prevention of lead poisoning. Contact: Childhood Lead Poisoning Prevention, Sue Bowden at (785) 368-7155.

KDHE, Bureau for Children, Youth and Families -

Primary resource person and coordinator for interventions related to WIC. Contact: Children's Developmental Services Section Director, Lori Michel at (785) 296-6134.

KDHE, Bureau for Children, Youth and Families -

Primary resource person and coordinator for interventions related to school health. Contact: School Health Consultant, Joyce Markendorff at (785) 296-1308.

Reno County - Has conducted a number of handwashing related activities: paired with extension, family practice physician; media (talk radio), healthy kids fair, curricula in elementary school; involve environmental health staff, health educator and nurses. Contact: Carolyn Thompson, R.N., Reno County Health Department at (316) 694-2900.

K-State Extension - Food safety and handwashing resources for kids, including "Safe Kids in the Kitchen," an activities and coloring book; "Handwashing Keeps Me Healthy", a kids' club lesson plan; and other materials. Contact: Paula Peters, Ph.D., Extension Specialist, Nutrition, Kansas State University at (785) 532-1666.

Wichita-Sedgwick County - Has held handwashing booth at outdoor fairs - washing over 1,200 kids' hands. Participated in media activities, e.g., a two-part series on germs and handwashing in which "germs" were placed on main editing keyboard in press room. Also involved with handwashing education as part of restaurant trade show. Contact: Pat MacDonald, Wichita-Sedgwick County Health Department at (316) 268-8401.

Use of commercial names is for identification only and does not imply endorsement by the Kansas Department of Health and Environment or the State of Kansas.